



World Elder Abuse Awareness Day is June 15

by Sonia **SIGUENZA**
Davis County Senior Services

Saturday, June 15, is World Elder Abuse Awareness Day. On this day, as well as every day, we encourage you to pledge a commitment to a just society in which we can all age with dignity and live free from abuse.

Because there is an estimated 1 in 10 older Americans abused in the



United States every year, Davis County Senior Services works hard locally to create and promote a society where people of all ages and abilities can participate in the community and stay connected with people, family, and

friends. Social supports help us thrive, ensure we can participate, and live free of neglect and abuse as we age.

By coming together as a community to spread awareness of

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Feeling out of joint: The aches of arthritis

by National Institutes of Health (NIH)
U.S. Department of Health and Human Services

Note: This is the second of a two-part article on arthritis. Last month's article covered osteoarthritis.

Many people start to feel pain and stiffness in their joints as they get older. It's called arthritis, and it's one of the most common diseases nationwide.

What exactly is arthritis? "Arthr" means

joint, and "itis" means inflammation – heat, swelling, and redness. But the inflammation of arthritis isn't always something you can see.

Besides osteoarthritis covered last month,

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Events in June

Central Davis Senior Activity Center 81 East Center Street, Kaysville (801-444-2290)

M/W/F - EnhanceFitness 9:30 a.m.
Bingo 10:15 a.m.
T/TH - Reiki 10:30 a.m.
T/F - Lapidary 8:30 a.m.
6 - Food Pantry noon
11 - Trip to Antelope Island (\$5 sign-up required)
14 - "Classic" Father's Day lunch with entertainment by Dave Allen 11 a.m.
19 - American West Heritage

Center/Idle Isle Cafe trip (sign-up required) 10:30 a.m.
20 - Healthy Aging Fair 9 a.m.-1 p.m.
21 - Birthday lunch with entertainment by Tom George 11:30 a.m.
27 - Center CLOSED for staff training
28 - Summerfest International Art & Folk Festival trip (sign-up required) noon

South Davis Senior Activity Center 726 South 100 East, Bountiful (801-451-3660)

M/W/F - EnhanceFitness 8 a.m.
M/W - Bingo 12:30 p.m.
TH - Zumba 9:30 a.m.
6 - "Sing-a-long" 10:30 a.m.
11 - Trip to Antelope Island (\$5 sign-up required)
- AARP Safe Driver Course 10 a.m. (sign up required)
- Legal consultation by appointment

13 - Foot care clinic 9:30 a.m.
19 - Medtronic Varicose Vein presentation 11:45 a.m.
25 - Book club 12:30 p.m.
26 - Famous Larsen Band 11:15 a.m.
27 - Center CLOSED for staff training
28 - Birthday party lunch 11 a.m.

North Davis Senior Activity Center 42 South State Street, Clearfield (801-525-5080)

M/W/F - Bingo 12:30 p.m.
Texas Hold 'Em Poker noon
T/TH - Tai Chi for Arthritis and Fall Prevention 10:15 a.m.
4 - Shopping at Walmart 12:30 p.m.
7/21 - Blood Pressure Clinic 10 a.m.
10 - Book club 10:15 a.m.
11 - Trip to Antelope Island (\$5 sign-up required)
12 - Blood pressure clinic 10:30 a.m.
12/26 - Cards for a cause 10

a.m.
17 - Wasatch Physical Therapy balance workshop 10:15 a.m.
18 - Varicose Veins presentation 10:45 a.m.
- AARP Smart Driver course 10 a.m.-3 p.m. (sign-up required)
- Shopping at Winco 12:30 p.m.
20 - Birthday party lunch 11:15 a.m.
27 - Center CLOSED for staff meeting

See more at daviscountyutah.gov/seniors

Parkinson's Disease Health Fair and Mini-Expo scheduled

The Davis County Parkinson's Support Group announces their annual Parkinson's Disease Health Fair and Mini-Expo. It's on Wednesday, June 5, 5:30-7:30 p.m., at the North Davis Senior Activity Center (42 South State Street, Clearfield).

The health fair and mini-expo features representatives from a wide range of health care organizations, as well as free information on quality of life programs that are available for individuals affected by Parkinson's disease. The public is encouraged to attend.

For more information, visit their Facebook page at Parkinson's Support in Davis County, email ParkinsonsDavisCo@gmail.com, or contact Dale George at 801-451-6238.

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the growing issue of elder abuse, we not only educate others and help spread awareness, but we also empower people to take action and help prevent elder abuse in their own communities. Social isolation puts people in our community at risk of abuse. We see this when people don't know their neighbors well, live alone, speak another language, or have difficulty leaving the home.

According to the National Center on Elder Abuse, social isolation and ageism are major contributors to abuse and neglect in the U.S. This is why it is

important for everyone to recognize the importance of maintaining and offering social support services to older Americans. This includes senior activity centers, community resources, and transportation. These types of supports and resources allow people to thrive as they age in our community, maintaining purpose and independence.

Not sure what you can do to prevent elder abuse or spread awareness of this issue? Start by visiting eldermistreatment.usc.edu for ideas and ways to show your support or learn more about how you can get involved in your community.

Medicare 101 classes offered

Davis County Health Department's Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

If you are turning 65 or preparing to retire, please join

us for one of the following classes:

- Wednesday, June 12, 6:30-7:30 p.m. – Centerville Library (45 S. 400 W., Centerville)
- Wednesday, July 17, 6:30-

7:30 p.m. – Kaysville Library (215 Fairfield Road, Kaysville)

For more information about the Medicare 101 classes, call 801-525-5050 option 5.

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another common type of arthritis is gout. Gout usually affects the big toe, but many other joints may be involved. It's caused by needle-like crystals that build up in the joints.

People with gout might try to avoid certain foods – including liver, beef, anchovies, and meat gravy – because they can bring on a gout attack in some people. These foods are rich in molecules called purines, which break down in your body and can ultimately contribute to crystal formation. Drinking alcohol, being overweight, and taking certain medications may make gout worse. In older people, some blood pressure medicines can also increase the chance of a gout attack.

Your doctor might do blood tests and X-rays to find out if you have gout. If you are

diagnosed with gout, it can be treated several different ways, often in combination.

A very different type of arthritis is called rheumatoid arthritis. In contrast to osteoarthritis and gout, which affect particular joints, rheumatoid arthritis can affect your whole body. It arises when your immune system mistakenly attacks your own joints. That can bring pain, swelling, stiffness, and loss of function in joints and bones – most often in the hands and feet. Rheumatoid arthritis also may affect your internal organs and systems. You might feel sick or tired or have a fever.

Laboratory tests for certain immune system activity can confirm whether you have rheumatoid arthritis. The good news is that now there are medications not only to control pain and inflammation, but to actually slow or stop damage to your joints.

A lot of new treatments that have come out in the past 10 to 15 years have revolutionized the treatment of rheumatoid arthritis," says Dr. David Felson of Boston University.

Some rheumatoid arthritis medications interfere with the immune system's activity. By interrupting the events that lead to inflammation, these medications help block inflammation and prevent structural damage to the joints.

"If you're concerned you have rheumatoid arthritis, it's important to see a doctor fairly soon," Felson advises. "Your joints can be damaged by the process of arthritis, and that damage cannot be reversed, so it's important to get treatment as early as possible."

Researchers continue to explore what causes arthritis. A better understanding of the factors involved might lead to new treatment approaches.

Genes play a significant role in many types of arthritis. For example, scientists have linked certain immune system genes with a tendency to develop rheumatoid arthritis. Genes involved in how uric acid is processed have been tied to gout.

University of North Carolina at Chapel Hill's Dr. Joanne M. Jordan estimates that up to 30% to 60% of your risk for osteoarthritis may lie in the genes you inherited from your

parents. "The tricky part, though, is that it's not a single gene," Jordan explains. "It's a lot of different genes that interact with each other and with the environment to cause the disease."

Researchers also are looking at other risk factors, such as job-related exposures and heavy metals, such as lead, in the environment. They've been developing better ways of looking inside joints as well.

If you feel pain and stiffness in your joints, don't hesitate to bring it up with your doctor. The sooner you act, the better you can prevent damage to your joints. Find out what's causing your problems now and learn about your options.

To read last month's article, go to the May issue of "Senior Living" at http://www.daviscountyutah.gov/senior_living.

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